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Castroville

+ Dr Hutchinson July 2 -

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V Dr Claghorn tells us with the inhabitants of Minorca, ^{old people often enjoy better} ~~of Minorca, enjoy of better~~ ~~health with long protracted continence.~~ ~~the case is not so with many old people.~~

* An aged citizen of ^{at} ~~St. Peter~~ [Fosbury] told me he once saw a man from New Jersey who had but 3 stools in a year & 9 months, & that he saw a Carpenter of a Ship at Antigua who in a voyage of 8 weeks had no evacuation from his bowels. In these cases the excrements are supposed to be absorbed by the lactals, but not to mix ^{the} with the Chyle or blood, but to pass out of the system like absorbed pus, & bone, by other excretions. ~~It~~ That they sometimes pass out by the pores, is rendered probable from ~~the~~ persons who ^{do not} ~~are~~ ^{discharge their feces} ~~are~~ ^{in the natural way, emitting a perspiration & sweats which have a fecal smell.} ~~are~~ ^{no pain from them after long continence.} ~~Dr Claghorn says continence is general in~~

Costiveness

Costiveness is a relative term. Some habits require two & three stools a day, ^{+ while} some enjoy good health with but one or two stools in a week. This is the case with ~~many~~ ^{old people} and that few are ^{found} ^{upon} but most people require one stool a day. ^{to} the office I formerly attended to the ^{as well as} ^{the} ^{habit}. Such persons the absence of this evacuation it is a ^{very} ^{unpleasant} ^{every} ^{body}. It is attended with pain, head ach, & sometimes fever. The costiveness here is a remote cause of disease only, acting upon previous debility in the muscular fibres of the bowels. —

Its causes are.

- 1 certain aliments & Drinks, particularly Chace, and the red wines.
- 2 a sudden Change from a full to a low diet, and vice versa. The prisoners in our jail who are fed upon the low diet always become costive for several weeks after their confinement.
- 3 a sedentary life
- 3 an exposed situation of privies. This operates

minima, & that many people enjoy good health, with but one or two stools a week.

✓ The effects of Laxatives are often of a serious nature. ~~Changed~~ many diseases are induced by it, not only ⁱⁿ of the viscera which adjoin the bowels, but ~~in~~ in the brain. ~~I have~~ It acts in two ways not only by distention & pressure in the bowels, but by the violent efforts that are necessary to discharge the feces after they have become indurated from long confinement, & the absorption of their thinner parts. I have mentioned ^{two cases of} apoplexy, and one of Consumption induced by those efforts. Head aches - hemorrhoids - fistula in Ano - & cystures are often induced by them. I was attend. a Gent. 1808 Tab: 10¹⁴ in an inguinal cysture but on by this cause alone.

3
chiefly upon women. I have heard of death
being induced by costiveness in a young lady in
South Carolina who lodged in a house in
which the common sitting ^{room} (which was generally
occupied by gentlemen) had a window that
looked in a direction with a privy. She ~~preferred~~
~~the pain for her~~ ~~than~~ she died a martyr
to female delicacy.

Negligence. This operates chiefly upon men
of intense study, and great application ^{to business}, who
either do not feel, or who refuse to obey the
impulse which calls them to discharge the
contents of their bowels. Condylomata

Sailing. ~~John~~ This is nearly universal.

I have heard of a Captain who went to Lisbon
& ~~without~~ ~~lost~~ ^{Drugs that promote} ~~undue~~
^{perspiration.}
of certain obstructing matters, as hardened feces,
a fish bone, a nail, tow, & Condylomata from
piles. 10 Riding on horseback. V
The Remedies for it are

1 Early rising, & exposing the body to the cool air,
also thin dress by which means perspiration is
thrown on the Bowels. ✓

✓ They are to sit for up to an hour on the
penny, and to make occasional efforts to
discharge the contents of the bowels. These ^{efforts}
succeed the better, ~~being~~ when they are not
of a violent nature. Thus gentle purges act,
where drastic purges have no effect.

+ It has this Advantage over all
Other laxative medicines, - the longer
it is taken, the less quantity will
operate. ^{It cures, as well as relieves.} This is owing to its invigorating
tone to the bowels, while it quickens
their actions. Rhubarb is the basis of
warm purging Elixirs. It is ^{infused} ~~Rhubarb~~
in old wine with some aromatic substance
- as added to it to make it sit easy upon
the stomach. Gouty persons should
always use this ^{large} ~~medication~~ in preference
to any other. One Spoonful or two - are a
Dose. - ~~brisk~~ ^{brisk} ~~medication~~ ^{useful}.

2 visiting a ⁴privy every morning at a certain
hour. Mr. Locke, Dissections under this head
are well attending to. Every obstacle to delicate
women should be removed by ^asheltered, or
private access, a circumstance this which
should always be attended to in building a
house; ^{in winter.} by using a closet stool in a warm room, the
³relative action of the air of a cold privy upon the
often chills and prevents a stool. ^{if Indian}

3 By using a close stool in a warmed house. relative action of the air of a cold privy upon the rectum often checks and prevents a stool.
4 a gently laxative diet, consisting of Indian

corn bread, or mush, or what is much better - a bread made of equal parts of wheat and Indian meal - also of Roasted Apples are

and Indian meal & also of
a mild purgative to many people, & a very agreeable
article in diet. As the food stagnate in in the larger
and lower bowels, such medicine should be given as act
chiefly upon them. Food all
such as fresh

~~of~~ mixed in great proportions, as
Sulphur, or the Bituminous of the Tropics.
or Pyrite Electuary.

~~Chewing~~ Rhubarb is excellent for this purpose. It may be ^{taken in wine or} chewed, or only put into the mouth & washed down with cold water. +

also of the Butters nut pill shd never be
used as alteratives ~~but~~ or Chronic laxatives.

The one disposes to the piles, the other to dis-
eases of the brain. I object likewise to all

~~5 By using a close stool in a business room~~

the common ^{laxative} pills that are sold in the
shops. They ~~are~~ ^{irritate} a greater range of
the bowels than is necessary barely to open ^{them},
& thus bring ^{up} ~~healthy~~ ^{unwell} parts into sympathy with
them. ~~The~~ ^{the} ~~role~~ ^{role} ~~forces~~ ^{forces} ~~stagnate~~ ^{stagnate} only in the larger
parts ~~of the bowels~~. ~~and of course those medicinal~~
~~drugs~~ ^{a natural state only}

✓ The bowels are in a ~~healthy state~~ ^{a natural state only} &
when the ~~the~~ ^{four} following circumstances
occur, ~~in the~~ 1. One stool a day, & in the
morning. 2 no wind preceding it, 3
the stool neither liquid, nor very solid,
of a bilious color, and a fecal smell.
"bene olivata - bene colorata." & 4 not
cut into fragments. It shows irritation
on some one of the bowels.

~~It is only when should be selected which operate~~
~~upon them. Glysters made of any gently~~
~~stimulating ingredients or enemas~~
of simple water are very useful in
discharging the contents of the lower bowels.

5 By using a close stool in a warm room
in cold weather. The sedative action of the
cold by contracting the Rectum often checks
a stool. ~~Tonic as Dub. Charly 6. He to Dr. Cat. break~~
~~6 By avoiding all the occasional causes of~~
~~obstruction - especially those which~~

8 If ~~indurated~~ ^{the} feces obstruct the Rectum
that they cannot be discharged by the remedies that
they should be removed by a scoop contrived
for that purpose. - If other matters they
should be removed by the fingers, or a
scoop. If Condylomata, they should be
extirpated by a ligature, but never with
a knife, or Scissors. - go to p. 7.th 9.

10 As Costiveness often depends upon a torpor
of the bowels they should be excited in the
Intervals of taking opening medicines by
Bark - Steel - ^{oil of amber} and other tonics. Garlic -
Onions & mustard ^{& horseradish} have been found very
useful for this purpose. V go to p. 7 10

Under this head I shall mention

A very distressing ~~symptom~~ bowel disease,
and that is Flatulency - or a constant in-
-clination to "break wind" to use a common
expression. It ~~occurs~~ is often so troublesome
as to ~~compel~~ compel persons to leave com-
-pany, and sometimes to prevent their
going into company. It ^{sometimes} ~~often~~ accompanies
Costiveness, but I have met with it in
regular bowels - It occurs chiefly in gentle
& hysterical habits. Its Remedies - are
solid Diet - well cooked, - toasted bread. ~~Rare~~
- Ginger-tea - Horseradish - mustard - and
Linet: ^{oil of amber} Apafetida. - If accompanied
with Costiveness - ~~combine~~ the Remedies for
it should be combined with the above
medicines.

7

= 9 ~~As the~~ Standing with bare feet upon a cold marble slab, or putting the feet for a few minutes into cold water has in some instances imparted action to the bowels, & thus gently opened ^{them}. The effect of this remedy depends upon the Sympathy between the Soles of the feet and the bowels. ~~Cold feet~~ ~~afford~~ This is evident from cold feet so often inducing the colic.

10 & Where there is reason to believe Costiveness arising from a languor in the liver in scurvy, or pouring forth bile, rubbing the right side for a few minutes with a dry hand every evening has been found useful.

90 ^{return to p 8. 11}
O all the ~~various~~ causes of Costiveness should be carefully avoided - ~~as~~ particularly red Wines - Cheese - and in some people milk.

^{n. 11. 12.}
return to p. 5 - ~~of the~~